

# NEUROMETABOLIC GUT REPAIR PROGRAM



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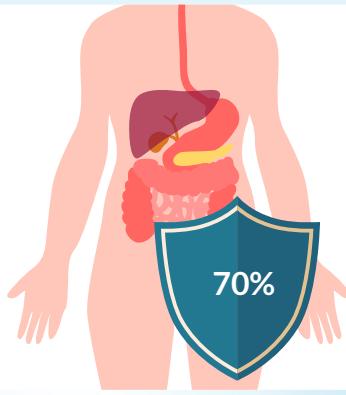
It is a comprehensive nutritional and dietary program to support intestinal health and intestinal permeability (aka leaky gut).

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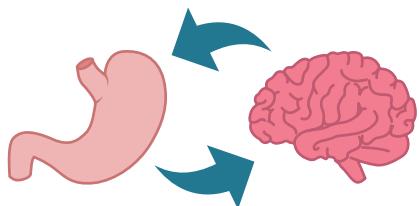
“ *All disease begins in the gut* ”

HIPPOCRATES

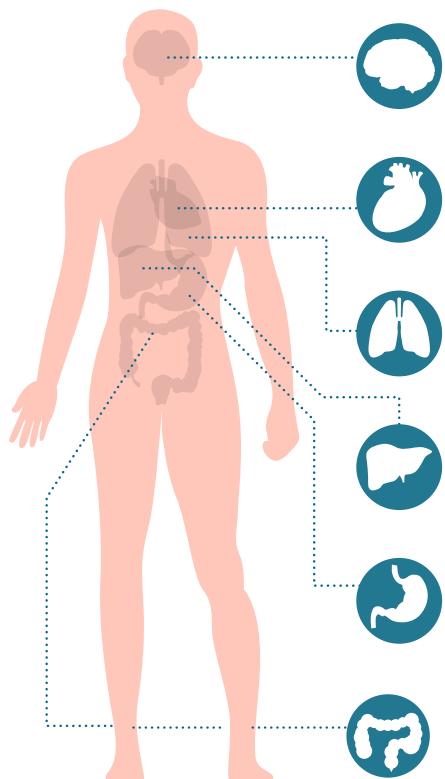
A Greek physician and  
the father of medicine



Your digestive tract is not just for digesting and absorbing nutrients, it is also involved in immune function, since approximately 70% of immune system resides in the gut.



Good gut health can also affect brain health. New research shows that there is a gut-brain connection and the gut has been dubbed the second brain.

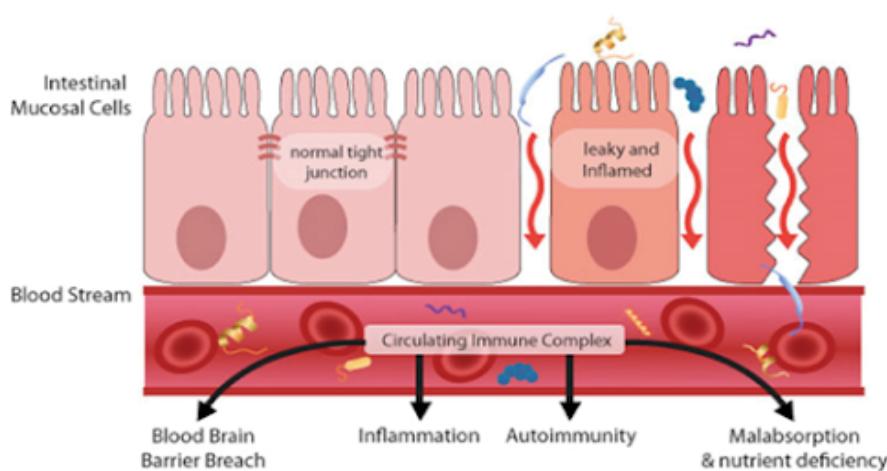


Optimal digestive system helps us maximally absorb nutrients from our food, which gives us energy and building blocks for healing and repair.

Health digestion involves proper neurological and endocrine function, as well as normal elimination through bowel movement.

It also requires healthy immune system and mucosal barrier function.

- The intestinal mucosal barrier forms part of our defense mechanism in the immune system.
- The mucosal cells are strongly attached to each other through tight junction proteins called occludin and zonulin.
- The tight junction forms a semi-permeable protective barrier so undigested proteins and toxins do not readily cross the mucosal barrier.



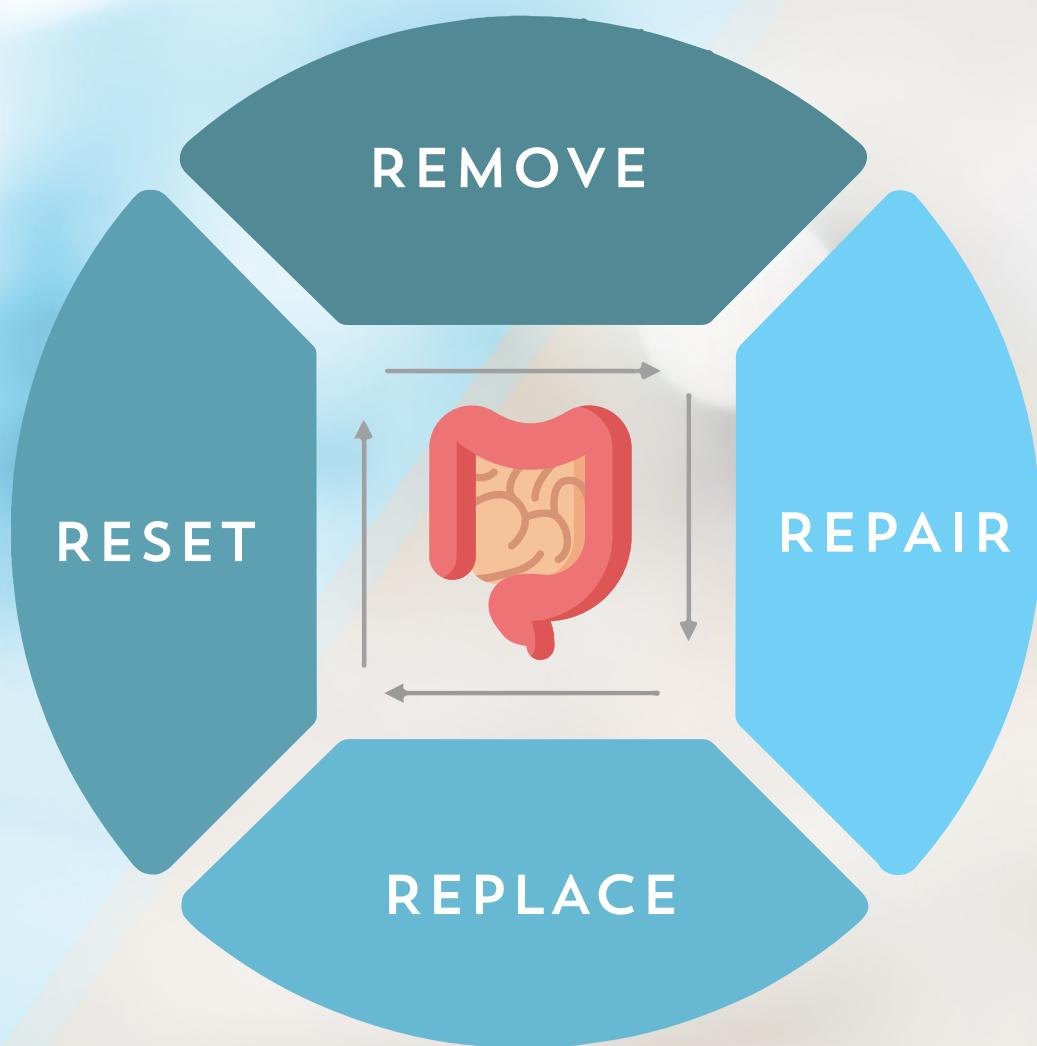
- These tight junction proteins can be damaged due to stress, food sensitivity, chronic infection and chemical toxicities.
- The result is leaky and inflamed barrier system that allows undigested proteins and toxins to get into the blood stream, which can form circulating immune complexes that can travel throughout the body, causing inflammation, autoimmunity, and blood brain barrier compromise, while at the same time causing malabsorption and nutrient deficiency.

This can lead to a vicious cycle of leaky gut causing more inflammation, causing more leaky gut.

# THE NEUROMETABOLIC GUT REPAIR PROGRAM

Is a powerful regimen designed to support intestinal health and intestinal permeability.

Consists of 4 phases carried out simultaneously:



The program may need to be conducted for 30-60 days for best outcome.

# 1

# REMOVE



The goal here is to **remove certain known dietary triggers and to provide the nutrients necessary to support intestinal flora and healthy blood sugar level.**



The dietary restrictions are not caloric (not based on quantity of food), so you are allowed to eat whenever you are hungry.

In fact, no hunger or cravings are allowed on this program!



Just eat until you are satisfied (80% full and not gorge yourself). However, you must only eat from the list of allowed foods.

# HERE ARE THE LISTS OF FOODS TO EAT AND ELIMINATE

## | FOODS TO EAT ➤➤



### MOST ORGANIC VEGETABLES

If you are already eating organic foods, keep it up. If you are not 100% organic, don't stress about it and just slowly make the transition. Organic foods typically have more nutrients and less chemicals.

However, **THE NEUROMETABOLIC GUT REPAIR PROGRAM** is focused more on specific food groups that may trigger sensitivity reactions and leaky gut. So while it's obviously better to go 100% organic, it is not a deal breaker if you are not there, yet.

Go for the green leafy stuff, and the cruciferous family such as cauliflower and broccoli. You can't over eat the veggies, so load up.

Try a new veggie every week and play with new recipes using the new veggie, this way you can expand your recipes and discover new dishes. Include starchy veggies such as sweet potato, yam, squash, and zucchini.

These contains high amounts of fiber and resistant starch which help stabilize blood sugar and serve as prebiotic (food for the probiotics). The red color in yam and sweet potato indicate they are high in flavonoids and betacarotene, an advantage over the white potato.



## ORGANIC ANIMAL PROTEIN

Fish, chicken, turkey, beef, lamb, pork, and wild game meat if you hunt or know someone who does. Watch out for shellfish, especially if you have known allergy to them.

Here is where I would go organic, or in the case of fish, wild-caught. You can at least wash the pesticides off the vegetables, but it's kind of hard to wash off the hormones and antibiotics that are injected into nonorganic meat or farm-raised fish.

If you get bacon, choose nitrite-free, pastured bacon for better quality.



## LOW GLYCEMIC ORGANIC FRUITS

Go with pitted fruits such as plums, apricot, nectarine, peach, cherry, avocado. You can have any fruits that ends in berry - strawberry, blueberry, raspberry, blackberry. Frozen fruit is fine. Apple, grapefruit, and lemon also made the list.

No fruit juices allowed, since they are just sugary drinks without the fiber, which will cause insulin spikes. Limit fruit intake to 2-3 servings per day.

This includes the fruit that you may use in making the 2 nutritious and delicious smoothies per day as part of the program.



## HEALTHY FAT

Coconut oil (used in high temperature cooking), coconut butter, coconut cream, coconut flakes, olives, olive oil (low heat or on salad), avocado, avocado oil. Nuts and seeds.



## A NOTE ON NUTS AND SEEDS

If you have known problems with them, if you have diverticulitis, or you have a lot of symptoms and sensitivities and you just don't know what you react to, you may want to eliminate the nuts and seeds during this program for best result.

After 30-60 days, you may introduce them and see how you do.

My smoothie recipes incorporate a variety of nuts and seeds. If you decide to eliminate nuts and seeds, omit them from the smoothies.

The smoothies will still taste great and support your hunger and metabolism even without the nuts and seeds.



## HERBS AND SPICES

Sea salt, black pepper, cilantro, oregano, garlic, cumin, ginger, basil, mint, parsley, rosemary, cinnamon, thyme... you get the idea. Fresh herbs preferred over dried herbs. The herbs is the secret weapon and contains antioxidant and cancer fighting agents. Use herbs to season and create different dishes so you don't get bored.



## DRINK

Water and lots of it. We live in the desert for crying out loud.  
Herbal tea is fine.  
Sparkling water like San Pellegrino is allowed.



## OTHER

Apple cider vinegar is great for dressing, olive oil and fresh lemon juice are great for salad dressing, natural sweetener such as stevia, lo han fruit extract, monk fruit extract

# FOODS TO ELIMINATE



## HIGH GLYCEMIC FOODS

Banana, mango, pineapple, watermelon, dried fruit, canned fruit



## GRAINS

This includes gluten containing grains such as wheat, wheat germ, oatmeal, barley, rye, spelt, and gluten free grains such as rice, quinoa, buckwheat, millet, amaranth, kamut, couscous



## GLUTEN CONTAINING COMPOUNDS

This is usually your condiments such as ketchup, barbecue sauce, soy sauce, brewer's yeast, malt and malt flavoring, modified food starch, non-dairy creamer, MSG, teriyaki sauce, processed salad dressings, hydrolyzed plant and vegetable proteins, textured vegetable protein.

If you are cooking using real food made from scratch adding herbs and natural seasonings, your food will taste great and you won't need to use those processed junk anyways.



## SUGAR

Honey, agave, candy, table sugar, milk chocolate, corn syrup, fructose, high fructose corn syrup, maple syrup, molasses, sucrose



## DAIRY

This is a common allergen. This is anything made from cow's milk - milk, cheese, yogurt, butter, cream, cottage cheese, whey protein, frozen dessert, milk ice cream, mayonnaise, as well as goat's milk and sheep's milk



## NIGHTSHADE VEGETABLES

Tomato, bell pepper, white potato, eggplant, paprika, hot sauce.



## SOY PRODUCTS

Edamame, miso, soy sauce, soy milk, soy protein, tempeh, tofu



## EGGS

You can be sensitive to them. Without doing expensive food sensitivity testing, you will eliminate for 30-60 days. After that you can reintroduce them and see how you do.



## BEAN AND LEGUMES

Including black beans, lentil, kidney beans, garbanzo beans, soy beans. Peanut is actually a legume and so are cashews, so they are to be avoided.



## EDIBLE FUNGI AND MUSHROOMS



## CANNED FOOD, PROCESSED FOODS

## DRINKS TO AVOID



Energy drinks, vitamin water, gatorade, soda - regular or diet, fruit juice, anything other than water.



Alcohol, you don't need the alcohol, its destroying your brain



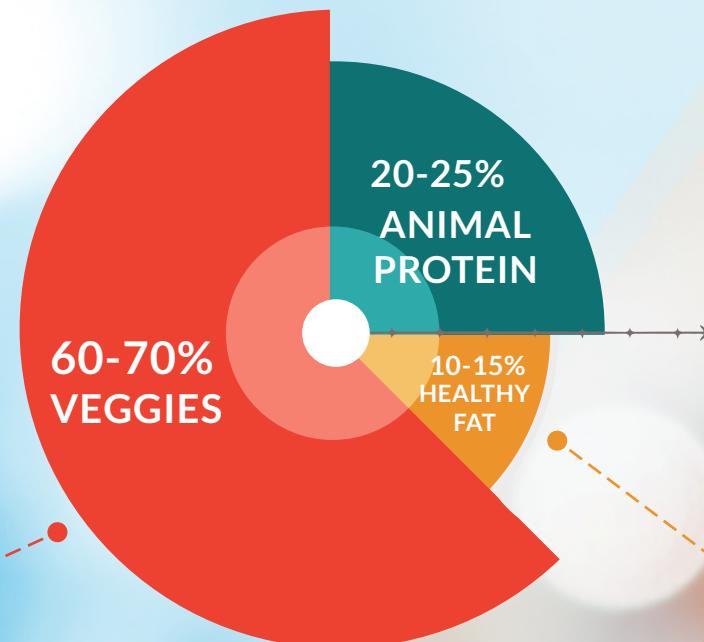
Most coffee beans on the market are contaminated with mold. Caffeine is a central nervous system stimulant and may fatigue your adrenals with habitual use. Even decaf has up to 50% caffeine, and the chemicals used to decaffeinate is worse than caffeine itself.

**Wean off the coffee over a few days to avoid rebound headache. You may introduce coffee after the initial 30-60 days. But then again, after you go through THE NEUROMETABOLIC GUT REPAIR PROGRAM, you may wonder why you even wanted it in the first place.**

30

Focus on the foods you can eat, and don't fret about the foods you can't. Set short term goals for 30 days, this makes it easier to achieve.

## THE RATIO OF THE TYPE OF FOODS REPRESENTED ON YOUR PLATE (BY VOLUME) SHOULD BE



This includes starchy veggies such as sweet potato, yam, squash and zucchini.

Such as avocado, coconut oil, olive oil.

Eat plenty of fiber like veggies, good amount of healthy fat, moderate protein, and some fruit (2-3 servings per day).

Stick to this ratio and eat until satisfied, this works without counting calories or points. I don't ever count calories and you shouldn't have to either.

When you eat the right types of foods in the right proportions, you will be naturally satiated and stop eating. This is the key to long term result and learning about your body.

## I CANNOT OVERSTATE THE IMPORTANCE OF COMPLETE AVOIDANCE OF FOODS ON THE FOODS TO ELIMINATE LIST.



Even small snacks or bites of the restricted food can compromise the successful outcome of the program. Research show that one single exposure to gluten in those with sensitivity can trigger inflammation that can last 6-9 months.



This is the reality of leaky gut and autoimmunity. Many people including doctors don't understand this and therefore sabotage their progress.



You must drink plenty of water to stay hydrated, especially if you are eating more fiber than you are used to. Hydration can support normal bowel movement as you increase fiber in your diet.



Fermented foods such as sauerkraut, kimchi, kombucha tea, pickled ginger, and coconut yogurt is encouraged because they provide nutrient that may support intestinal environment and health flora.

# 2 REPAIR

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Once we stop the assault on the intestinal barrier system from processed, toxic and potentially allergenic or sensitive foods, we must also repair the gut lining to heal the gut.

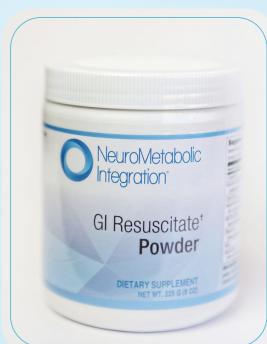


Intestinal permeability or leaky gut is a vicious cycle of inflammation triggering more leaky gut. Once this inflammatory cascade is turned on, it doesn't turn off readily on its own.

This is where specific nutrition compounds can help support healthy and normal physiologic response.



## GI RESUSCITATE



This product contains key ingredients that support intestinal permeability and intestinal health.



**Recommended use:**  
1/2 tbsp twice per day

## NEUROMETABOLIC MEAL



Contains hypoallergenic pea protein and vitamins and minerals such as chromium, vanadium, taurine, inositol, and conjugated linolenic acid to support normal blood sugar response and healthy weight management.



Recommended use:  
1/2 scoop twice per day

## FIBER FX



Soluble and insoluble fiber with prebiotic to support blood sugar, colon health and regular bowel function.



Recommend use:  
1 tsp twice per day

The products may be purchased through

<http://www.neurometabolicsupplements.com>



These products are all in powder form, so you can easily mix them with some coconut milk and a handful of frozen fruits to make a nutritious and delicious smoothie.

You can get my 10 power-packed smoothie recipes at:

<http://www.askdrkan.com/recipes>

# 3 REPLACE



Many people who suffer with leaky gut also suffer with digestive insufficiency due to lack of enzyme and/ or gastric acid secretion. Proper enzyme and gastric acid production is critical for digestion and nutrient absorption.



Conditions that can cause decreased production include decreased brainstem vagal stimulation, hypothyroidism, pancreatic insufficiency, biliary insufficiency, gastric parietal cell dysfunction due inflammation or infection, and others.

In addition, a healthy micro biome, or the beneficial flora in the intestinal tract has been increasingly proven to be a key component to healthy digestive function, immune function and neurological function.



Toxins such as pesticides and herbicides, medications, stress and various other environmental insults can deplete and impair the micro biome, leading to poor health. Therefore, supplementation may provide essential support to re-balance the body.

## D3 PRO 2000



## COMPREHENSIVE KIT



## ENZYME HCL PLUS



## SYMBIOME PLUS



CONTAINS ALL THE PRODUCTS IN  
THE STARTER KIT PLUS:

## SYMBIOME PLUS



A specialized probiotic formulation combining four types of bacteriophages along with seven strains of probiotics. Designed to support the proliferation of beneficial bacteria throughout the intestines.



Recommended use:  
2 caps twice per day

## ENZYME HCL PLUS



As the saying goes “You are what you eat”. But what is even more true is “you are what you absorb”. This product contains full spectrum of digestive enzymes, bile support, and betaine hydrochloric acid to maintain proper gastric pH.

By breaking down food into readily digestible parts, nutrients are more readily absorbed and less potential for sensitivity response to undigested protein.



Recommended use:  
2 caps twice per day

## D3 PRO 2000



This is a highly absorbable emulsified liquid vitamin D3 at a professional strength of 2000 IU per drop. Vitamin D is important immune function, cancer protective, support T regulatory cells which are immune cells critical in modulating autoimmune conditions, and it is also important in healing leaky gut.



Recommended use:  
2 drops once per day

**NOTE: VITAMIN D LEVEL SHOULD BE TESTED EVERY 3-6 MONTHS TO ENSURE ADEQUATE LEVELS AND PREVENT OVERDOSE**

Both the Starter Kit and Comprehensive Kit will support leaky gut and intestinal health when used along with the dietary guidelines of the **NeuroMetabolic Gut Repair Program**.

The Comprehensive Kit may be appropriate in those with more digestive imbalances or more severe conditions seeking additional digestive and immune support.

The products may be purchased through

<http://www.neurometabolicsupplements.com>

# 4 RESET



The study of neuroendocrineimmunology is an emerging field that is constantly discovering the interrelationship between the nervous system, the endocrine system and the immune system.



Hormones serve as messengers for vital functions in the body.

The hypothalamus-pituitary-adrenal axis (HPA axis) is one of many feedback loops in the body that can become dysregulated due to stress, blood sugar imbalance, and chronic inflammation.



## HORMONAL BALANCE

Resetting the HPA axis can have profound effects on hormonal balance, metabolism, and vitality. And the key to resetting the HPA axis and therefore the hormonal system is actually blood sugar balance.



## CORRECTING BLOOD SUGAR IMPBALANCE

Glucose is the preferred source of fuel for the brain.

Hypoglycemia and insulin resistance are both detrimental to brain and nerve function. Insulin resistance is perhaps one of the most damaging condition in the body and also one that severely hampers hormone function.

Correcting blood sugar imbalance can positively impact leaky gut, adrenal health, thyroid health, brain health, sex hormone regulation, energy metabolism, and weight management.



## EAT SMALL FREQUENT MEALS

One final piece of the puzzle to resetting the hormones is to eat small frequent meals.

When combined with the dietary recommendation outlined in this program, eating every 2.5 to 3 hours serves to stabilize blood sugar which in turn stabilize energy and mood.



## THE ADRENALS

Eating frequently also takes the stress off the adrenal glands to make cortisol to stabilize blood sugar, therefore giving the adrenals a chance to recover.



## THE DIGESTIVE SYSTEM

Eating small frequent meals also takes the stress off the digestive system from having to digest large amount of food in one meal, therefore allowing it to heal.



## SNACKING

For snacking in between the major meals, just a few bites count. Please eat on time even if you are not hungry, just a bite or two will do.

In fact, you may not be very hungry eating this way and you may feel like you are eating all the time. If you are trying to lose weight, the weight will still come off even though you are eating all the time.



## SMOOTHIES

Keep in mind that you will make 2 smoothies per day with the nutrition supplements recommended earlier.

The 2 smoothies count as 2 snacks. I recommend a smoothie for breakfast to start the day right. You will feel energized and confident about your decision.



## EVERYONE IS DIFFERENT

There are many benefits to eating this way during the first 30-60 days of this program. However, everyone is different and some may do better eating less frequent meals.

This is just a general guideline for you to get started. If you feel eating 5-6 times per day does not work for you, then you can just have breakfast, lunch and dinner.



## DISCIPLINE

So there you have it. I revealed to you the step by step protocol I use in my practice that have changed thousands of people that have sought me, many of them have been to multiple specialists, tried everything, and done everything else, all with little to no result until they came to me.

I hope you will follow it with discipline, and use all the tools and products that we recommend to extract the most benefit from this program.



## IF YOU DON'T FEEL MUCH CHANGE

If you follow this program exactly for 30-60 days and you don't feel much change, then you may have a broken metabolism. This means that you will need a thorough exam, consult, and functional medicine lab work up to identify the root cause of the problem and have a program designed to address your specific blockages.



PLEASE CALL 480-988-6269 TO  
SCHEDULE A CASE REVIEW IF YOU  
NEED HELP.

## EXTRA TIPS FOR SUCCESS



### IDENTIFY YOUR WHY

Why do people want to lose weight? They want to feel confident and look great in clothes. Why do people want to be out of pain? they want to be able to play with their kids and enjoy their favorite activity.

Find your “why”, your motivation to change. Write it down and review it daily. If you make your “why” big enough, you will move mountains to achieve it.



### TRACKING

What gets measured, gets changed. Do an initial measurement of weight, waist, hips and thigh measurement with a tape. Even take pictures of yourself from front and side.

This way you will know how the program is helping you. Check your weight once a week and tape measure once a month.

**ALSO RATE THE FOLLOWING AREA BEFORE THE START OF THE PROGRAM, AND THEN ONCE PER WEEK TO TRACK PROGRESS: 0 TO 10, WITH 0 BEING THE WORST AND 10 BEING THE BEST:**

## BOWEL MOVEMENT

(Frequency, consistency, form - hard, dry or well formed)



## MOOD

(Depression, anxiety, mood swings)



## COGNITION

(Brain fog, concentration, memory)



## SLEEP

(Quality and quantity)



## LIBIDO



## TRACKING

## PAIN

(Can include overall stiffness, aches, muscle pain, joint pain, headache)



## ENERGY



## DIGESTION

(Gas, bloating, burping, indigestion, heartburn, reflux, cramps, pain)



Anything else you are experiencing difficulty with and want improved

For example, hormonal symptoms  
hot flash night sweats





## ACCOUNTABILITY AND SUPPORT

It helps to have accountability and support. Tell your spouse, family and friends that you are embarking on this journey and ask them to support you and encourage you. Better yet, get them to do it with you. Having a Gut Repair buddy can make the journey more fun and provide accountability that can make the difference.



## KITCHEN MAKEOVER



You must start out by gutting your kitchen! Get rid of all the foods not approved for the program. That does not mean sit and eat it all in a weekend so they don't go to waste! Out with the bad and in with the good!



If you have a family who will not be joining you on this program, clear out a cupboard for yourself or a shelf in the fridge and only eat from your areas. Put on your blinders and focus on your food only!



One of the best ways to set yourself up for success is to meal plan and meal prep. By knowing what you are eating for your next meals can help keep temptations away. Making a weekly menu will also help, then you can prep anything you may need in the upcoming days.

Prep at least 3 days in advance. Sunday evenings I prep my lunches for the whole week so I don't have to worry.



Taking dinner leftovers for lunch is also an easy way to cut down on kitchen time! Sometimes a food journal will help hold you accountable as well.



Since you will be eating so much fresh food you may need to visit the store a couple of times a week. When grocery shopping, stay to the outside edges of the store. You may need to visit the center aisles for some things like coconut milk, spices, or coconut oil. Most of your list can be found on the outside edges of the store where the produce and meat are located!



# FAQ

## 1. HOW MUCH CAN I EAT?

These dietary restrictions are not caloric, meaning eat as much as you would like, we just ask it is from the foods on this list! When you are consuming real and healthy foods your body will naturally regulate itself.

There are about 600 calories in two slices of pizza, you would need to eat about 20 cups of Broccoli to match that!

## 2. HOW OFTEN WILL I EAT?

In order to help stabilize blood sugar we request you eat every 2.5 to 3 hours. This does not have to be a huge meal! A couple of bites and we are happy.

Grazing will also help relieve stress on your GI tract, having a slow and steady stream of food is much easier to digest than a huge meal which can cause discomfort.

### 3. WHAT ABOUT EATING OUT?

The best way to set yourself up for success is to not eat out. Remember this program is 30 days, you can skip the restaurants! Sometimes eating out is unavoidable. Choose a restaurant where you can order Meat and Vegetables that have not been cooked in butter. That will be your safest bet.

Restaurants are a dangerous place for contamination. Even if your meal is gluten and dairy free it does not mean cross contamination has not occurred.

### 4. I'M NOT ALWAYS HUNGRY.

It is okay to not be hungry each time you snack or have a meal. Remember we want to stabilize your blood sugar; therefore, you are predicting what your body needs before it asks for it! Your meals do not have to be big.

When preparing a meal for yourself think about the fact you will be eating again in 3 hours.

## 5. I DO NOT FEEL SATISFIED AFTER EATING / I AM BATTLING CRAVINGS.

The first few days up to the first couple of weeks may be the tough. Make sure you are eating enough healthy fats. Fats will help keep your blood sugar stabilized, keep you satiated, and fight off cravings, especially sugar.

If you are looking for that “crunch” with your meal, we all know that potato chip crunch, try making yourself Plantain Chips to satisfy yourself. Know that the cravings will pass once you reset your brain and hormones.

## 6. I FEEL MORE TIRED.

You may experience fatigue the first few days. Most common reason for people to feel fatigued is hypoglycemia and hunger. Be sure you are eating enough and frequently enough.

Give your body time to adjust also. Planning your meals in advance will also help so you are not skipping meals or eat something you are not supposed to.

## 7. WHAT ABOUT EVERYONE ELSE IN MY HOUSE?

Well, what about them? This program can help improve their intestinal health even if they are asymptomatic. Get your family on board. It is essential for their health too!

If they won't do it with you, make sure to keep your food and their food in separate places so you don't go to the cupboard and find bunch of foods that is not on your list, making it easy to be tempted.

You can also get support by finding a friend or co-worker to do it with you. Just remember, you are doing this for you and you are worth it!

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